



CANNABIS

On January 29 2004, cannabis was reclassified from a Class B to a Class C drug. In the week prior to reclassification, FRANK began a high-impact communications campaign targeting young people under the age of 18 to inform them that cannabis is still illegal and still harmful.

The campaign consisted of 4 weeks of radio advertising (from 22nd January 2004), press coverage in youth magazines, information of legal and health effects on the helpline and talktofrank.com and the distribution of information leaflets 'Cannabis' and 'Drugs and the Law'.

This special edition of the FRANK Action Update gives you background information on the issues surrounding the change in the law and contains ideas to help you continue to communicate the facts about cannabis to young people in your local area. The ideas range from media activity to local action and information exchange to help encourage young people to know the facts about cannabis and its change in status.

In this Update you will find:

- FRANK Info
Feedback from the FRANK Helpline and website
- FRANK Facts
Cannabis Factsheet
Cannabis Questions and Answers
- FRANK Activity
Ideas for Action
- Sample of the new 'Talk About Cannabis' leaflet
- Sample of the 'Drugs and the law' leaflet

See overleaf for details of new initiatives regarding cannabis.

You may find that both the media and the general public have questions about cannabis and its illegality after reclassification and we would encourage you to distribute the information enclosed as widely as possible. Don't forget that we want to hear of any successful local activities that you organise so that we can help share ideas with other local groups working with young people in future campaign materials. You can get in touch by using the Tell FRANK form at the back of this pack or by e-mailing us at frank@homeoffice.gsi.gov.uk

Best wishes
The FRANK Campaign Team

For further details regarding the cannabis reclassification, as well as information on other drugs and their effects, call FRANK on 0800 77 66 00 or log on to www.talktofrank.com

The Home Office, assisted by the Department of Health and specialist stakeholder organisations has developed a communications programme to help raise awareness of the physical and mental health problems cannabis can cause and the negative effect it can have on people's lives. Enclosed with this Update, you will find samples of the following new materials to help support you in your work around cannabis.



TALK ABOUT CANNABIS

This FRANK leaflet features testimonials from young people who have tried cannabis and covers topics including paranoia, health problems and trouble with the police. Further copies are available (free of charge). Order by using the More FRANK form at the back of this pack or from www.drugs.gov.uk/campaign/resources/literature



HAZY DAYZ

The Hayzy Dayz strip cartoon was developed by the charity 'Mentor' in partnership with FRANK and depicts "the big cannabis talk" between parents and their teenage children. Aimed at 13–16 year olds, its cartoon-style approach is ideal for use where literacy could be an issue. For further copies of 'Hazy Dayz' call 08701 555 455 and quote product code 40191.



KNOW CANNABIS

A 'Know Cannabis' initiative developed by HIT aimed at heavy cannabis users, will be available from late September 2004. The Practitioner's pack contains a range of materials for professionals working with young people who are heavy cannabis users. The 'Know Cannabis' materials comprise of two wall posters, a leaflet and a guide to cutting down or stopping. Also included in the initiative is a website - www.knowcannabis.org.uk which takes visitors through a self-assessment quiz and the opportunity to join a comprehensive self-help programme.

For copies of 'Know Cannabis' materials please call 08702 414 680 and quote reference KCLEAFLET, KCGUIDE, KCTVPOSTR and KCSTPPOSTR

CANNABIS AND MENTAL HEALTH INFORMATION

Research is also underway to help inform the development of materials for cannabis users with mental health problems. Research indicates that cannabis can worsen existing mental health problems, with potentially serious effects. With this in mind and with findings from research about information needs amongst health professionals and service users, new materials are planned to be available at the end of 2004, for people who would benefit from knowing more about cannabis and mental health. Check out www.drugs.gov.uk for news and developments.



FRANK SAYS

Since the beginning of the campaign, cannabis has always been a popular topic for questions to FRANK and calls to the helpline following its reclassification increased from 13 percent to 16 percent of total calls. During this time, e-mails to www.talktofrank.com rose by almost 50 percent and accounted for 21 percent of all e-mails. Here are some of the popular questions that FRANK has received along with detailed answers which should help you anticipate some of the queries that people may have about cannabis.

VITAL STATISTICS

- Queries on cannabis represent almost one in four calls to the helpline, making it the most common reason for people to call FRANK.
- Calls about cannabis generally relate to cannabis and the law with many questions on its legal status and sentencing, including the reclassification. Cannabis and the associated health effects are also a popular concern.
- The largest group of callers to FRANK about cannabis are men aged between 16-25 who tend to call about their own use. This is followed by women aged between 36-45 (often mothers calling about their children) and men and women under 16 years of age who have questions about either their own use or that of their friends.

DEAR FRANK

My son is 17. I have discovered he is smoking a lot of cannabis and I've tried to get him to stop. I am worried that he will move on to drugs like heroin but when I talk to him about it he gets angry with me. What can I do?

'CONCERNED MOTHER'

DEAR 'CONCERNED MOTHER'

Many parents worry about the welfare of their children and find it difficult to talk to them about drugs but there is no evidence to suggest that a cannabis user will automatically turn to heroin. Find out the facts about cannabis before you talk to your son – log on to www.talktofrank.com – and try to keep calm when you discuss his drug use. If you become more concerned, you could talk to your doctor or local support group. Phone FRANK on 0800 77 66 00 for information on local services.

FRANK

FRANK

Hi FRANK

I don't really know much about dope but yesterday I read an article about how the stuff people smoke today is chemical and is called skunk and can lead to paranoia and make people ill. I'm really worried and want to know more, not just 'everyone does it' and 'it's ok'. Please help me.
'CONFUSED'

DEAR CONFUSED

Cannabis comes as a solid, dark lump known as 'resin', or crushed flower heads & small leaves (sometimes with stalks and seeds) called 'grass'. It can also come as a sticky, dark oil. It can be rolled (usually with tobacco) in a spliff or joint, smoked on its own in a special pipe, or cooked and eaten in food.

Skunk is a type of herbal cannabis grown from specially cultivated seeds. The effect of skunk is more pronounced and can cause hallucinogenic effects. Some people may find it too strong and the experience disturbing, while others may enjoy the greater effects. Increasing amounts of this is being home grown for private use.

Cannabis can worsen schizophrenia, and other mental illnesses, among people who already suffer from them. The problem being that you may not be aware if you have an underlying mental health problem. Anyone who has a mental illness should, therefore, avoid using cannabis.

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Can you tell me how long grass and solids stay in your system after you have smoked them?
'WORRIED ABOUT A DRUG TEST'

DEAR 'WORRIED ABOUT A DRUG TEST'

Cannabis can be detected in your urine between 2 - 7 days after you last used it but, if you use it regularly it can be detected up to a month later.

FRANK

DEAR FRANK

I have been a heavy cannabis smoker (at least 10 joints a day) for about 20 years. I'm trying to stop and have cut down over the past week to 1 a day and am now attempting none. What are the potential withdrawal effects I am likely to encounter? I have had very weird dreams and night sweats so far. Any info would be useful.
'SMOKER'

DEAR SMOKER

Well done for making the decision to quit. As you have been using for a long time, you might experience some psychological withdrawal symptoms and counselling may be helpful. Your local drug agency may be able to offer advice and support. And, you may find the NHS Smoking Helpline (0800 160 0 169) and the website www.knowcannabis.org.uk useful in giving you practical tips for giving up smoking. Good luck.

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For further information about drugs and their effects, register at www.drugs.gov.uk/campaign, call FRANK on 0800 77 66 00 or log on to www.talktofrank.com



CANNABIS

1. Cannabis has many different names like draw, dope, smoke, spliff, bush, blow, a joint and hundreds of others.
2. It's grown all over the world, including the UK. The strength of cannabis varies from mild to very strong and you may not know the strength of what you are smoking until you use it.
3. Although it is possible to become physically dependent on cannabis, most dependence is psychological.
4. It can mess up concentration, make you forget what you were doing and slow up reaction times. Being stoned increases the chance of an accident while driving or operating machinery.
5. Supplying cannabis includes passing a joint to a mate. If you're convicted, the court has discretion to take account of the circumstances of the offender and the offence before passing sentence.
6. Different people have different reactions to smoking cannabis. Some people can get very anxious and paranoid especially if they are smoking stronger varieties.
7. Smoking cannabis can cause significant harm, such as cancer and lung disease, in the same way that smoking tobacco can.
8. Anybody with mental health problems should steer clear of any drug that alters the state of mind, including cannabis.
9. Some people use it for medical reasons – multiple sclerosis, glaucoma, arthritis, AIDS-related conditions, cancers and pain control. It is still illegal to use, but medicinal types of cannabis are being researched.
10. Cannabis was reclassified on January 29th 2004 from Class B to Class C (like tranquillisers or anabolic steroids). This did not mean that the drug was decriminalised – it is still illegal and still harmful. For further information, call FRANK on 0800 77 66 00 or log on to www.talktofrank.com

KICKING THE HABIT

Some people find that quitting smoking tobacco can help them kick the cannabis habit. Stopping smoking is no easy task but remember, there are 12 million ex-smokers in the UK. People do give up, and so can you. Here are some tips to help you conquer your craving.

UNDERSTAND YOUR HABIT

Every smoker has particular times of the day, or particular situations when they have a cigarette or joint. It may be when you are stressed, after a meal or when you are with a particular group of friends. Be aware of the kinds of triggers that you are prone to so that you can avoid those situations. You should also think of how your habit may impact on your relationships with your friends and family.

PICK A DAY

Decide on a day when you are going to stop smoking. Keep a smoking diary for a week before you stop. Write down when, where and why you smoke and how it makes you feel. Then write some suggestions for what to do instead.

GET SUPPORT

Make sure you get plenty of support from family, friends, other ex-smokers and experts. Research shows that you're more likely to succeed with the support of others.

REPLACE THE HABIT

Try new types of exercise or social activities, listen to different music or hang out in other places whilst you are trying to give up. Try to save the money you would normally spend on tobacco or cannabis to keep yourself motivated as you see the cash pile up. You may also find that it would help to avoid other smokers at this time to keep temptation at bay. The key is to broaden your experiences day-to-day and take your focus away from just giving up smoking.

TAKE IT A DAY AT A TIME

If you succumb to temptation, don't beat yourself up. Try again. Many smokers find that it can take a few attempts before they finally quit. Don't give up on giving up.

PEOPLE WHO CAN HELP

www.knowcannabis.org.uk for a comprehensive self-help programme
The NHS Smoking Helpline 0800 160 0 169
www.givingupsmoking.co.uk
www.quit.org.uk

and don't forget, you can talk to FRANK on 0800 77 66 00 or log on to www.talktofrank.com



CANNABIS – QUESTIONS & ANSWERS

1. Why was cannabis reclassified?

In March 2002, the Advisory Council on the Misuse of Drugs advised that cannabis is harmful, but not as harmful as other Class B drugs, such as the amphetamines. Reclassification in January 2004 brought the law into line with this assessment, and helped give a more credible message to young people about the relative dangers of drugs. The change enabled a more effective focus on Class A drugs – hard drugs such as heroin and crack/cocaine which cause the most harm – and on getting people into treatment.

2. What were the legal effects of reclassification?

Cannabis, as a Class C drug, is controlled under the Misuse of Drugs Act and possessing it is a criminal offence. However, following reclassification, the maximum penalties for possession were reduced from 5 years' to 2 years' imprisonment. Maximum penalties for supplying and dealing in cannabis remained at 14 years' imprisonment.

3. What laws were changed in connection with the reclassification of cannabis?

There were 2 changes:

- Retaining the power of arrest for cannabis possession offences (under guidance being issued by the police, there is a presumption against this power being used, unless there are specific aggravating factors). The power does not apply to other Class C drugs.
- Increasing the maximum penalty for supply and dealing in Class C drugs from 5 years' to 14 years' imprisonment. The maximum penalty for trafficking cannabis is still 14 years' imprisonment, and the courts continue to be able to impose substantial sentences for serious dealing offences.

4. Will the reclassification of cannabis encourage greater use?

There is no reason why it should. Cannabis is still an illegal drug and criminal sanctions apply. In particular, the Government is taking a tough line with dealers. An education campaign - aimed specifically at young people - was launched at the time of the reclassification to make it clear how the law would operate in practice and to dissuade them from experimenting with cannabis. In the six months following the reclassification, 490,000 'Cannabis and the Law' leaflets were distributed via the FRANK telephone line, website and through stakeholder networks and two new leaflets 'Talk About Cannabis' and 'Hayzy Dayz' have been produced to reinforce the message to young people.

5. Why are drugs classified A, B or C?

The Misuse of Drugs Act 1971 places drugs into one of three categories, A, B or C, for the purposes of control. Classification broadly reflects the risks and harms caused by misuse of the controlled drug in question, and is reflected in penalty levels for drugs offences.

6. What will happen to someone who is found in possession of cannabis?

Under the guidance published by the Association of Chief Police Officers (ACPO) to all police forces, there is a presumption against arrest for adults. Most offences of cannabis possession are likely to result in a warning and confiscation of the drug. But the following instances may lead to arrest and possible caution or prosecution:

- repeat offending
- smoking in a public place
- instances where public order is threatened
- possession of cannabis in the vicinity of premises used by children

7. By retaining the power of arrest, didn't this just maintain the status quo? What changed?

There is a presumption against arrest under the police guidance – prior to the reclassification of cannabis this was not the case. In addition, following reclassification, the maximum penalty for the possession of cannabis went down from 5 years' to 2 years' imprisonment. Reclassification sent a more credible message to young people that all drugs are harmful, but some are more harmful than others.

8. How are young people under 18 dealt with?

There is a clear message to young people under 18 that cannabis misuse remains illegal. Police enforcement is consistent with the more structured framework for early juvenile offending established under the Crime and Disorder Act 1998, where a young offender can receive a reprimand, final warning or charge depending on the seriousness of the offence. Following one reprimand, any further offence will lead to a final warning or charge. Any further offence following a warning normally results in a charge being brought. After a final warning, the young offender must be referred to the Youth Offending Team (YOT) to have their substance misuse assessed by the YOT drugs worker, who may arrange treatment or other support where this is needed.

9. Why are young people dealt with more strictly than adults?

They are not dealt with more strictly – young people are likely to receive reprimands or warnings for a first offence of cannabis possession. However, the process is more formal for persons under 18, and it is important that their cases should be dealt with at the police station so that any underlying problems with the young person can be identified.

10. What are you doing to educate young people about the dangers of cannabis?

To coincide with reclassification, two leaflets were produced - 'Drugs and the Law' and 'Cannabis and the Law' – explaining that cannabis was still illegal and harmful and describing what would happen to someone found in possession of the drug. An advertising campaign was executed on radio for four weeks around this time and advertising appeared in selected magazines aimed at young people.

Since then, a series of communications programmes have been funded by the Home Office and developed in conjunction with the Department of Health and specialist non-Governmental organisations. These include the leaflets 'Talk About Cannabis' and 'Hazy Dayz' and a more in-depth 'Know Cannabis' leaflet for heavy users plus a guide to cutting down or stopping. Activity to target cannabis users with mental health problems is also in development for late 2004.

The 3 year national campaign - FRANK – has been running since May 2003 and alerts young people to the harm of all drugs including information about cannabis. The campaign has a helpline 0800 776600 and a website talktofrank.com.



IDEAS FOR ACTION

Cannabis has been the subject of much discussion and controversy both in the media and on the street with some people welcoming the change in legislation whilst others remain opposed to its reclassification. Whatever their stance and despite ongoing education about cannabis, there can still be misunderstanding about its effects and the legal consequences of possession or supplying. This provides you with an excellent opportunity to create awareness about the facts and dispel the myths surrounding cannabis.

You may find yourself having to react to a call from the media or be receiving requests from people in your community for information. Whether you are responding to queries or organising activities proactively, we hope that the ideas in this section will help kick-start your own thinking about local public awareness work relating to the reclassification of cannabis.

RESPONDING TO THE MEDIA

The media may well approach you for further information about cannabis and its revised status following reclassification or ask for your comments on what the changes in the law might mean to people in your area. Make sure you are armed with the facts in advance of their call. Read the information in this Update, log on to www.talktofrank.com and try to anticipate possible questions they may ask. This will give you time to prepare answers in advance and incorporate your own message about treatment and services that are available locally. The media always welcome solutions and tips in their coverage, particularly if it is a feature, so you may like to include suggestions on giving up smoking or further facts on the effects of cannabis.

GENERATING COVERAGE

Media coverage can help you reach a large number of people with your information. Create a press release busting the myths and highlighting the facts about cannabis and its legal status and contact your local newspaper or radio station and see if they would be willing to run a story. Send the press release together with copies of the factsheet, questions and answers and the new leaflets 'Talk About Cannabis' and 'Hayzy Dayz'. Then, follow up with a call to suggest a feature. Perhaps an ex-cannabis user who is willing to act as a spokesperson would be prepared to share their experiences to give the story a more personal touch.

GETTING ON AIR

People have differing views on cannabis, particularly following its reclassification, and this provides an opportunity to encourage debate so that you can focus on the positive

FRANK

messages of the change in the law. You could contact your local radio station and suggest a phone-in as a way of triggering a debate about drugs in the community. This could help gauge public awareness of cannabis reclassification, and be used as an opportunity to give accurate advice to anyone who may be concerned about drugs generally. Make sure you take a clear proposal of what you think the programme could cover. You could organise a local spokesperson. Perhaps from the local police force or school. Be sure to get across the local angle, as well as relevant statistics, plus details of your service or organisation. Remember to flag other relevant materials and sources of information, such as FRANK.

Don't forget, radio stations often have roadshows that appeal to young people so it is worth approaching the promotions department as well as the news editor or specific presenters to see if you can be involved or whether the presenters can announce a message on-air.

FRANK OUT THERE

Leaflets, posters, postcards and stickers... Order additional copies of the enclosed leaflet 'Talk About Cannabis' from the More FRANK form in this pack or from www.drugs.gov.uk/campaign and distribute them to shops, cafes, restaurants, leisure centres, clubs, community groups, youth clubs and local employers. They are free of charge and an excellent way to communicate the information about cannabis reclassification. You could also display copies of the factsheet or any of the FRANK posters on noticeboards or hand out postcards in the street or at events.

Or, why not produce your own materials using the information from www.talktofrank.com and this Update along with information about local drug services or youth projects. A simple sticker with a 'STILL ILLEGAL – STILL HARMFUL' strapline along with the FRANK telephone number can get the message across quickly and simply.

The FRANK logo and other artwork is available for you to download from www.drugs.gov.uk/campaign/resources/artwork

Think about all the societies, clubs and events that bring local people together (school parents' evenings, jumble sales, bingo nights, pub quizzes, sports clubs, church meetings) and maximise the opportunities to get your information out there.



FRANK TALK

Hold a public discussion forum to educate people on cannabis and its illegal status. Use local networks and links to set up information and learning events for parents. Remember, the stigma surrounding drug use may mean that parents feel more comfortable in less formal settings, or at events not specifically billed as drug events. Proposing a discussion on 'living with teenagers' may be one way to encourage attendance, as will holding open evenings in local community venues, talks in shopping centres or libraries.

FRANK ADVICE – Giving up

Arrange a general health awareness day and invite a range of people along who can give talks on health issues ranging from nutrition to relaxation. You can then incorporate drugs information (including cannabis) in a more general way and be on hand to give advice to anyone who would like further information. You could include leaflets on cannabis, reclassification and other drugs in a general information pack that people can take away. You could give advice on quitting smoking or organise fun activities for people who commit to giving up smoking cannabis.

TELL FRANK

The key to raising awareness about drugs and changing behaviour is what happens locally. That's why local activity is vital to FRANK. We're keen to hear how you are using FRANK, and what the campaign is contributing to local profile and awareness on drugs.

We also want to gather information and help spread the word about exciting and innovative communications practice. If you have a local success story about public awareness or media relations, we would love to hear from you. Stories which tie in with forthcoming bulletin themes (the community, communicating with vulnerable young people and FRANK in the workplace) will be especially welcome – and with your permission may be featured in our Movers and Shakers section, and in the success stories online at www.drugs.gov.uk. We look forward to hearing from you!

<p>How are you using the FRANK materials?</p>
<p>Can you describe any practical or strategic contribution that the FRANK campaign is making to local activity (e.g. by providing useful resources, profile, or impetus)?</p>
<p>Do you have any examples of innovation, good practice or success in terms of communications, media relations or public awareness work that you would like to share?</p>

NAME

ORGANISATION

ADDRESS

POSTCODE

TELEPHONE

EMAIL

PLEASE RETURN THIS FORM TO:

Home Office Communications
Room 125
50 Queen Anne's Gate
London SW1H 9AT

OR FAX TO: 020 7273 3821

You can also email your feedback and success stories to the FRANK campaign team at frank@homeoffice.gsi.gov.uk

MORE FRANK

TITLE & DESCRIPTION	PRODUCT CODE	QUANTITY	MAXIMUM ORDER
FRANK display kit Starter pack of resources to help you spread the word about FRANK, containing: 100 each of FRANK for young people leaflets, FRANK for parents leaflets, and FRANK with your mates credit cards and FRANK generic postcards; 20 sheets of FRANK stickers; 200 FRANK business cards and 2 FRANK A3 posters.	31598		No limit
FRANK Pubs and Clubs kit A kit containing a selection of ambient media resources for use in pubs, bars and clubs.	40095		10
FRANK Facts and Activities A set of factsheets covering a variety of drugs along with activities with a drug theme including games, a quiz and a crossword for use with young people.	40535		10
FRANK for young people leaflet Leaflet encouraging young people to get in touch with FRANK.	31588		No limit
FRANK for parents leaflet Leaflet encouraging parents to discuss drugs with their children and to call FRANK for help and advice.	31589		No limit
Drugs - What the law says leaflet What the law says and what it means.	34102		500
Talk About Cannabis leaflet Testimonials from young people who have tried cannabis.	40533		500
Hayzy Dayz leaflet A cartoon style leaflet aimed at 11-13 year olds about the health effects and legal status of cannabis.	40191		200
FRANK parents' guide to drugs and alcohol Information about drugs and the law, plus practical advice on understanding and talking to children at different key ages.	28251		200
The Score - facts about drugs Leaflet aimed at 14-16 year olds.	20850		200
FRANK with your mates credit card Credit card sized resource for young people to hand to their mates.	31590		No limit
FRANK business card Credit card sized resource highlighting how to get in touch with FRANK, with blank reverse for extra or local information. <i>Additional languages can be downloaded online at www.drugs.gov.uk/campaign.</i>			
English version	31591		No limit
Arabic version	31938		100
Somali version	31940		100
Gujurati version	31941		100
Bengali version	31943		100
Punjabi version	31944		100
Urdu version	31946		100
Chinese version	31948		100
FRANK poster (A3 size) Highlighting the different ways to get in touch with FRANK.	31592		50
FRANK poster (A2 size) Highlighting the different ways to get in touch with FRANK.	31593		20
FRANK poster (A2 size) Slogan: Coke, E's, heroin. FRANK sorts me out with all of them.	32481		50

CONTINUED OVER →

MORE FRANK

TITLE & DESCRIPTION	PRODUCT CODE	QUANTITY	MAXIMUM ORDER
FRANK poster (A3 size) Slogan: Coke, E's, heroin. FRANK sorts me out with all of them.	32482		50
FRANK poster (A2 size) Slogan: When my mate offered me drugs FRANK told me what to do.	33871		50
FRANK poster (A3 size) Slogan: When my sister wanted to do drugs, I introduced her to FRANK.	32483		50
FRANK postcards: A series of postcards with drugs messages.			
Hi (generic message)	31594		No limit
The world's got a coke problem (cocaine message)	31649		No limit
Smokin' (heroin message)	31650		No limit
Skin up (cannabis message)	31651		No limit
I love rock (crack message)	31652		No limit
Hard on (cocaine message)	31653		No limit
Been there, done that (generic message)	31654		No limit
Take me (class A message)	31655		No limit
FRANK Action Update Series of themed packs with ideas, background briefing, resources, activities and tip sheets for communications and awareness work in tandem with FRANK.			
Summer: feel the heat! Holidays, festivals, summer clubbing, off to college.	40096		10
We are Family Dealing with drugs issues in the family.	33057		10
Understanding Diversity Special reference edition on communicating with diverse audiences.	33534		10
Party Safe - Party Sound! Excess during the party season.	33861		10
Cannabis Reclassification.	40534		30
Drugs - the deal for students Focusing on drugs and other lifestyle issues at college and university. Produced in association with NUS.	40012		10
Happy 1st Birthday FRANK! A round-up and celebration of the first year of campaign activities, statistics and a look ahead to year 2.	40142		10
Understanding Crack Cocaine Special reference edition focusing on crack cocaine.	40280		10

NAME

ORGANISATION

ADDRESS

POSTCODE

TO ORDER RESOURCES PLEASE FILL IN AND FAX THIS FORM TO NHS RESPONSELINE ON 01623 724 524

Alternatively you can place your order by phone, mail or email:

TEL: 08701 555 455 EMAIL: doh@prolog.uk.com MAIL: Department of Health, PO Box 777, London SE1 6XH

For drug information leaflets in foreign languages please order from

www.drugs.gov.uk/campaign/resources or call 08702 414 680 and quote code BMECOMSTKT